



1/6 deploys to mainland for Exercise Keen Sword. See story and photos, pages 8 and 9.

December 1, 2000

Camp Smedley D. Butler, Okinawa, Japan

www.okinawa.usmc.mil

Monitors to visit Okinawa

Lance Cpl. Josh P. Vierela

Combat Correspondent

CAMP FOSTER – The Marines who decide where your next duty station will be are coming to Okinawa Dec. 4-8.

Monitors from the Manpower Management Enlisted Assignment Branch, Headquarters Marine Corps, are visiting to let Marines know important information pertaining to their careers, according to Gunnery Sgt. Charles J. Lawrence, career planner, Headquarters and Service Battalion, Marine Corps Base.

Monitors are scheduled to brief Marines at Camps Foster, Kinser, Schwab, Hansen and Courtney.

“The monitors will be able to tell you what you are qualified for, regarding lateral moves, as well as what duty stations are available to you,” Lawrence said. “The monitors will also be answering questions from Marines after the scheduled briefs.”

“I am interested in speaking with my monitor because it cuts out the third party,” said Cpl. Douglas M. Kittinger, supply administrative clerk, H&S Bn., MCB. “By talking one-on-one, it gives the monitors an opportunity to evaluate me first hand, as opposed to just going off what he sees of me on paper.”

“I want to see my monitor so he can give me specific information on where I’m about to go,” said Lance Cpl. Jorge I. Ulloa, warehouseman, H&S Bn., MCB.

Being as qualified as possible can help a Marine get orders to his or her ideal duty station, if there is an opening, according to Lawrence.

It also helps if junior Marines who desire to see their monitor bring a staff non-commissioned officers here to help explain situations involving openings of duty stations, according to Lawrence.

The SNCOs may provide information on the duty station, and provide the monitor with information about the individual Marine.

“A monitor might say that I have an opening July 24, 2001 at a certain duty station. It doesn’t mean that the Marine he is talking to is guaranteed that position,” Lawrence said.

Briefs will provide information on assignments plans and policies that affect enlisted Marines, according to a recent administrative message.

Monitors will be on hand to discuss duty station options available to Marines.

“Anything dealing with your career that you want to know about should be asked when the monitors are here,” Lawrence said. “All Marines should see their monitor so that he will know where that Marine wants to go.”

Marines interested in attending an MMEA brief or speaking with their monitor should contact their unit career planner for exact times and locations.



SGT. BRYCE R. PIPER

MEU comes home

Marines with the 31st Marine Expeditionary Unit, Special Operations Capable, carry their packs down the pier after debarking from *USS Essex*. The MEU Marines returned to Okinawa Nov. 18 after a two-month deployment in which the Marines conducted Blue/Green Workups, earned their SOC qualification, participated in Exercise Foal Eagle 2000 in the Republic of Korea, and conducted community relations projects in Korea and Hong Kong.

Tricare Dental Plan makes changes for 2001

With new year comes expanding benefits, lower cost for families

Sgt. Nathan L. Hanks Jr.

Combat Correspondent

CAMP FOSTER — Service members and their families can expect to see changes in the Tricare Dental Plan starting Feb. 1.

“Families will find that benefits have been expanded with reduced cost,” said William Dick, dental benefits advisor, United Concordia Companies Incorporated.

Those families currently enrolled in the program do not need to reapply, according to Petty Officer 1st class Mary True, health benefits advisor, Evans Dental Clinic.

The coverage that was once provided by two different companies will be provided by just one, according to Dick.

The TDP is available worldwide to family members of active-duty service members.

Starting Feb. 1, customers can expect to see several administrative changes.

The changes include: personnel offices will no longer be responsible for enrollment and disenrollment, UCCI will provide online access to the Defense Eligibility Enrollment Report System for those interested in signing up, and the mandatory 24-

month enrollment period has been reduced to 12 months.

The TDP will also require service members to have 12 months of service remaining at the time of enrollment.

“Those with less than 12 months will not be able to apply for the program,” said Navy Capt. Gary Prose, dental clinic director, Marine Corps Air Station Futenma.

Under the current dental plan, service members pay a \$21.33 monthly premium for family coverage, True said.

With the changes Feb. 1, the family premium will drop to \$19.66. Those with a single family member will only pay \$7.63 for dental coverage under the new TDP. They now pay \$8.53 for single family member coverage.

True said accompanied families stationed here receive free dental care at Navy facilities and that many service members choose to disenroll from Tricare when they arrive on Okinawa.

Coverage for general anesthesia and additional sealants is also provided by the new TDP.

The maximum allowance for annual general dentistry per patient increased from \$1,000 to \$1,200.

The age for orthodontic care has been extended from 18 to 21 years old, or 23 if a full-time student.

The coverage for lifetime orthodontics per patient increased from \$1,200 to \$1,500.

Reserve service members and their families may enroll in the TDP if the member is called to active duty in support of a contingency operation for more than 30 days but less than 12 months.

For additional information, customers can look at the website www.ucci.com or contact True at 645-7388.

Toys for Tots nominations; see page 6

AAFES holds monthly meetings for customers

Tech Sgt. Kenneth Mattingly

AAFES Public Affairs

CAMP FOSTER — Army and Air Force Exchange Service managers gathered here Nov. 8 to hear from their customers through a program that provides a forum for those who shop at the exchange to recommend products and suggest ways to improve services.

“We have a monthly meet-the-manager meeting,” said Brett Buckley, Camp Foster exchange manager. “It is just another way we try to get feedback from our customers to see how and where we can improve the services we offer. It is much easier to fix when we know what is broken.”

The meet the manager program is a mandatory monthly program for AAFES managers around the world to discuss exchange operations with customers. Customers can discuss exchange policies, programs and procedures during the meetings which are held at Camp Foster generally at the beginning of each month.

Most meetings are at the front of the store, last about an hour and customers participating in the program are offered refreshments.

“Meetings at noon generally work best for customers,” said Buckley. “Meetings can actually be held at different times, but we

try noon because many people come in at lunch time. I’ve received many suggestions over the years resulting in changes in our merchandise line.”

Meet the Manager is not limited to meeting the store manager, but other members of the staff as well. “Any topic can be brought up,” said Terence Maynard, sales and merchandise manager. “We especially like topics that are beneficial to a major portion of the community. If there are particular items of interest to a particular customer, we will take their name and number and get back with that individual.”

Other options also exist for AAFES customers to provide feedback on Camp Foster operations as well as other exchange operations on Okinawa.

“Meet the Manager is just one way for customers to reach us,” Buckley said. “We also have paper customer comment cards found at the entrances of our retail operations, an okinawa.gm@aafes.com e-mail account, and mystery shopper price and quality comparison results. All of these together help us learn what our customers want.”

Customers interested in attending the next meeting scheduled for December can ask the greeter at the main store entrance or call the office at 645-6140.



LANCE CPL. LIZ HERRERA

Tying the knot

Marines with Communications Company, Headquarters Battalion, 3rd Marine Division, give it their best to make a square knot out of a sling rope before they commence to rappel off a 70-foot cliff at the Jungle Warfare Training Center Nov. 6. The Marines traveled north to JWTC for seven days where they performed land navigation, patrolling tactics and jungle survival skills.

Marine Corps gives assistance to exceptional family members

DoD provides families with support during difficult moves

Sgt. Nathan L. Hanks Jr.

Combat Correspondent

CAMP FOSTER — Throughout the Marine Corps, the Exceptional Family Member Program has helped hundreds of Marines by providing assistance for the special needs of exceptional family members.

The EFMP, established in 1987, deals with a wide variety of conditions ranging from thyroid conditions and asthma to personality disorders, long term counseling, Attention Deficit Hyperactivity Disorder and depression, according to Marine Corps Order 1754.4A.

“The program is to ensure that when a Marine transfers to another duty station, services are available for that family member whether it is special doctors or an education program that the child needs,” said Donna Braggs-Champion, coordinator, Marine Corps EFMP, Personal Services Center.

If a child receiving special education services transfers to another duty station, the Department of Defense needs to make sure there are enough teachers to support the children that need that service, according to Braggs-Champion.

“When the Marine negotiates orders with the monitor, Headquarters Marine Corps ensures that services are available for that family member,” Braggs-Champion said.

By communicating with the monitors, Marines can prevent unnecessary hassles when changing duty stations.

“Keeping the family in mind, the goals of the EFMP are to maintain the Marine’s deployment ability and to ensure that the family members are taken care of in the event of a deployment,” Braggs-Champion said.

“This program is not designed to prevent Marines from

deploying,” Braggs-Champion said. “It is to ensure that family members receive services in the event that service members deploy.”

This program improves the quality of life as well as combat readiness, according to Braggs-Champion.

“The quality of life for the family members has greatly improved because HQMC will ensure that medicine, medical, educational and emotional services are available,” Braggs-Champion said.

This program also prevents financial hardship by ensuring the family member is stationed near an installation where services can be handled at a military treatment facility, according to Braggs-Champion.

“This program is designed to reduce the stress on the command,” Braggs-Champion said. “It also reduces the stress on the Marines so they can fulfill their mission.”

“If a Marine has his family member on his mind who may be having problems, this Marine is not combat ready to carry out the mission,” Braggs-Champion said. “As long as the Marine knows that his family is cared for, he or she is combat ready.”

When a Marine signs up for the program, the information is not put into the Marines Service Record Book, but held between the Marine, EFMP coordinator, and HQMC.

“This program will not affect the Marine’s career,” Braggs-Champion said. “It enhances the Marine’s career because he or she knows that his or her family is cared for.”

“This program is about the Marine Corps helping the Marines and their family members,” Braggs-Champion said.

To enroll in the program, service members need to call 645-9237/8109. An application can also be picked up at any Personal Services Center or downloaded at <http://web1.whs.osd.mil/icdhome/dd2500-2999.htm> and scrolling down to DD2792 EFM medical and educational summary.

There are four categories of enrollment ranging from category 1 being the most mild to category 4 being the most severe.

Category 1: (Mild case). Exceptional family member’s enrollees are those with a medical and/or educational condition that requires monitoring by the Exceptional Family Member Program Manager at Headquarters Marine Corps, but does not preclude the sponsor’s assignment to overseas/isolated duty stations, nor requires assignment near a major medical treatment facility. Duty assignments are not limited for family members.

Category 2: (Moderate case). EFMP enrollees are those whose medical and/or educational condition requires special placement in compatible geographic areas, pinpoint assignment in Continental United States or overseas. These assignments are determined by the needs of the family member such as medical doctors, medication and education.

Category 3: (Severe case). EFMP enrollees are exempt from accompanied overseas assignment. The medical and/or educational condition of this category of EFMP precludes the assignment of the sponsor to an accompanied overseas location based on availability of medical and/or educational services. Sponsor is eligible for an unaccompanied overseas assignment. Typically no overseas assignments, but all families are evaluated on a case by case basis.

Category 4: (Most severe). EFMP enrollees requires sponsor’s family members to be located near a major medical treatment facility, either military or civilian, inside the Continental United States only. The sponsor is eligible for an unaccompanied overseas assignment. These members are typically stationed near major medical facilities in CONUS.



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Tricare officials offer travel tips

Medical benefits apply to service members on leave

Sgt. Robert J. Angus

Combat Correspondent

CAMP BUTLER – As service members and their families prepare to travel home on leave during the holidays, it's important to keep in mind what to do if medical attention is required.

"If, while you are home on leave enjoying that succulent feast, you suddenly get a visit from the illness beast, it's important to know who to contact to find the closest qualifying medical care," said Petty Officer 1st class Cheryl D. Chardon, Tricare marketing representative, U.S. Naval Hospital, Okinawa. "We want to ensure service members and their families receive quality care and don't get stuck with a large medical bill because they went to a physician who is not participating in Tricare."

Active duty service members in a traveling status should seek care at the nearest military facility unless it is an emergency.

During an emergency, active duty service members should go to the nearest emergency room, according to Chardon.

"If active duty service members receive emergency care, they should contact the Military Medical Support Office at the earliest opportunity to inform them of the care they received," Chardon said. "They will be able to help you through the billing process."

For non-emergencies with no military medical facility nearby, service members can call the MMSO at 1-888-647-6676 to get authorization and a phone number of a health care finder to assist in finding a civilian physician, according to Chardon.

"It's important for active duty service members to inform the health care provider that the Department of Defense does pay 100 percent of their care," Chardon said. "It's also important that service members refer the health care provider to MMSO for payment information. If an active duty service member has no choice but to pay for medical treatment, they need to bring an itemized receipt back to their command to be reimbursed."

For family members who are traveling, Tricare Prime membership will allow for priority access to available medical treatment facility appointments.

If no appointments are available, family members may call the Tricare Service Center for information to reach a network provider or seek care from the nearest Tricare authorized provider, Chardon said.

"If you need assistance in locating a network provider while in transit, contact the regional health care finder according to your location," Chardon said.

Western Pacific Prime family members are not required to obtain pre-authorization for urgent or emergent care, except for some mental health care needs.

Additionally, WPP family members will pay the same co-payments as other CONUS Prime members for civilian care obtained while traveling in the United States, Chardon said.

"Western Pacific Prime active duty service members and their family members must use their Pacific FPO or APO address and direct providers to send civilian claims to Wisconsin Physician Services, Foreign Claims, P.O. Box 7985, Madison, WI 53707-7985," Chardon said. "This will help to avoid delays in processing claims for payment."

Whether service members and their families are traveling or staying where they are for the holidays, receiving quality health care is the major concern, Chardon said.

"We want all service members and their families taken care of properly, whether home or abroad," Chardon said. "We'll do whatever we can to ensure that happens."



SGT. ROBERT J. ANGUS

Carolyn Roy, volunteer, serves a free Thanksgiving meal prepared by the Lester Gospel Service at the Lester Middle School Nov. 23.

Lester volunteers feed 350

Sgt. Robert J. Angus

Combat Correspondent

CAMP LESTER — Volunteers from the Lester Gospel Services; U.S. Naval Hospital, Okinawa; and Lester community prepared a free Thanksgiving dinner Nov. 23 for more than 350 people at the Lester Middle School cafeteria.

The meal, open to service members and their families on Camps Lester and Foster, Marine Corps Air Station Futenma and Kadena Air Base, featured turkey, ham, fruits, vegetables, pies, cakes and all the trimmings.

"The Lester community has truly come together to help provide a wonderful Thanksgiving meal," said Eugene B. Barlow, minister, Lester Gospel Services. "We started out small, with a vision to feed around 200 people in the Lester community, but we got such overwhelming support that our vision grew to include Foster, Futenma and Kadena."

The fact that volunteers, primarily from Lester Gospel Services, all sacrificed their Thanksgiving for others says a great deal about these people, said Navy Capt. Henry Nixon, chaplain, III Marine Expeditionary Force.

"The way these volunteers are giving up their holi-

day to prepare food and serve others is great," Nixon said. "For a lot of them, they are doing it out of love. It's acts of kindness like these that keep us going."

Volunteers came out for a number of reasons, but all seemed to be enjoying themselves, Barlow said.

"Everyone here are all smiles and joy," Barlow said. "We are not only providing a meal, we are providing a warm atmosphere of love with entertainment, singing and games."

"I'm having a great time and doing something that is for the good of our community," said Zonda D. Fuller, volunteer.

The volunteers' efforts were greatly appreciated by the people they fed, according to Cpl. Billy M. Simon, switch operator, G-6, Marine Corps Base, who is on Okinawa for an unaccompanied tour.

"Even though I'm unaccompanied, my wife is here with me," Simon said. "We don't have an oven where we're living and couldn't cook a traditional meal. I'm really glad this was available to us."

As the meal, which took nearly 90 days of planning, came to an end, Barlow was thankful for all the support which made this day possible.

"We couldn't have done this without the support of our members, the hospital, Department of Defense Dependent Schools and Lester community," Barlow said.

New virus invades DoD computers

Pfc. Damian J. McGee

Combat Correspondent

CAMP FOSTER — A new virus has appeared on some computers within the Department of Defense.

Marine Corps officials here released a internal e-mail message to commanders Nov. 15 warning users of the possible effects of the virus.

The W32.NAVIDAD virus is an addition to the string of .EXE viruses that have recently been causing problems with DoD computers.

Officials said W32.NAVIDAD is a mass e-mail worm received as a response to a sent e-mail message to an infected user.

The response utilizes the existing subject line and body and includes an infected attachment called NAVIDAD.EXE. Once NAVIDAD.EXE is executed, it displays a dialog box titled "error" which reads "ui." A blue eye icon appears in the system tray next to the clock in the lower right corner.

Execution of the worm causes a user's system to become unusable and unstable, according to the e-mail warning.

"The most common way viruses are spread is via the use of e-mail," said Frank C. Floyd, computer spe-

cialist, Marine Corps Bases Japan.

As with any virus, the first line of defense is the user, according to Ted Steinhauser, operations department, Marine Information, Technology and Network Operations Center, Headquarters Marine Corps.

"It only takes one individual to cause disruptions throughout the network," Steinhauser said.

Computers DoD-wide have experienced a recent surge of computer viruses. Many have been stopped before causing any problems, but there are some that have managed to get through the server.

"Viruses are created in a huge number count," Floyd said. "So it's hard for anti-virus companies to stay on top of every virus that arises."

According to Floyd, the important thing is that users take immediate action.

"If you think your system has been infected, contact your Information Systems Coordinator immediately," Floyd said.

All Marine Corps Enterprise Network users are directed to ensure anti-virus software is installed and running on their computer and that the signature files dated Nov. 9, 2000 or later have been loaded. Users should direct all questions to their G-6 via their Information Systems Coordinator.

Alcohol-related NJPs III MEF/MCBJ

The following are alcohol-related nonjudicial punishments for Nov. 20-24.

• Underage drinking

Three lance corporals with Headquarters Battery, 12th Marine Regiment, 3rd Marine Division, were found guilty at a battery-level NJP of underage drinking. Punishment: forfeiture of \$273 per month for one month and restriction and extra duties for 14 days.

• Drunk and disorderly

A sergeant with 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, was found guilty at a battalion-level NJP of being drunk and disorderly. Punishment: reduction to E-4, forfeiture of \$760 per month for two months and restriction for 60 days.

• Underage drinking

A private first class with Combat Assault Battalion, 3rd Marine Division, was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-1, forfeiture of \$502 per month for two months and restriction and extra duties for 45 days.

• Underage drinking

A lance corporal with Headquarters and Service Battalion, 3rd Force Service Support Group, was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$563 per month for two months and restriction and extra duties for 45 days.

• Underage drinking

A lance corporal with 3rd Materiel Readiness Battalion, 3rd Force Service Support Group, was found guilty at a company-level NJP of underage drinking. Punishment: forfeiture of \$585 per month for two months and restriction and extra duties for 15 days.

• Underage drinking

A lance corporal with Headquarters and Service Battalion, Marine Corps Base, was found guilty at a battalion-level NJP of underage drinking. Punishment: reduction to E-2, forfeiture of \$500 per month for two months and restriction for 60 days.

• Drunk and disorderly

A seaman with United States Naval Hospital, Okinawa, was found guilty at a captain's mast of being drunk and disorderly. Punishment: reduction to E-2, forfeiture of \$667 per month for one month and restriction and extra duties for 45 days.

• Underage drinking and providing alcohol to minors

A seaman apprentice with United States Naval Hospital, Okinawa, was found guilty at a captain's mast of underage drinking and supplying alcohol to minors. Punishment: reduction to E-1, forfeiture of \$465 per month for two months and restriction and extra duties for 45 days.

• Drunkenness and incapacitation for the performance of duties through prior wrongful indulgence of alcohol

A seaman with United States Naval Hospital, Okinawa, was found guilty at a captain's mast of being incapacitated to perform duties due to intoxication. Punishment: reduction to E-2, forfeiture of \$667 per month for one month and restriction and extra duties for 45 days.

To submit a brief ...

Submit briefs by faxing to 645-3803, or send an e-mail to editor@mcbbutler.usmc.mil.



LANCE CPL. CHAD E. SWAIM

Going the distance

Marines from Marine Wing Support Group-17, 1st Marine Aircraft Wing are the first to return to the Camp Foster Field House Nov. 17 and finish the 5k Fun Run sponsored by Headquarters and Service Battalion, Marine Corps Base and Marine Corps Community Services. More than 100 Marines and Sailors from MCB, 1st MAW and 3rd Force Service Support Group participated in the event, which was held to support Toys for Tots and The Great American Smoke-Out.

Community Briefs

Toys for Tots deadline

For those interested in registering a child's name for the Toys for Tots program here on Okinawa, today is the final day of registration.

Check with your unit's chaplain or first sergeant for details about the criteria for registering a child in the program.

Post Office holiday procedures

Mailing deadlines

First class letters/cards	Dec. 10
Priority mail	Dec. 10
Parcel Airlift mail	Dec. 3

Holiday operating hours Nov. 18 to Dec. 23

Camps Foster, Courtney, Kinser and Marine Corps Air Station Futenma:

10 a.m. to 5 p.m. Monday, Tuesday, Thursday and Friday (full service)

10 a.m. to 1 p.m. Wednesdays (full service)

9 a.m. to 3 p.m. Saturdays (full service)

Camps Hansen, Schwab and Torii Station:

10 a.m. to 5 p.m. Monday, Tuesday and Thursday (full service)

10 a.m. to 1 p.m. Wednesdays (full service)

10 a.m. to 5 p.m. Fridays (full service till 5 p.m.)

Parcel mailing ceases at 4 p.m.)

9 a.m. to 3 p.m. Saturdays (full service)

For information on mailing packages with customs forms, mailing deadlines or holiday hours, call 637-2468.

Commandant's one year video

The "Commandant of the Marine Corps and Sergeant Major of the Marine Corps One Year Video" is scheduled to be aired on the Commander's Access Channel Dec. 4-10 at 9 a.m., noon and 7 p.m.

This video contains an interview with the CMC and SMMC and covers their first year at the helm of the Corps.

The video provides Marines and their families with information concerning initiatives undertaken by the Corps over the last year to enhance warfighting capa-

bilities and quality of life.

Seasonal uniform change

From Dec. 1 to March 31, all Marines and Sailors assigned to Marine Corps Bases Japan and III Marine Expeditionary Force will have the option to wear the utility uniform with their sleeves rolled up or down.

Marines and Sailors should check with their appropriate commands to find out the regulations for their unit concerning whether sleeves should be up or down during formations.

Beating the Blues

The islandwide Beating the Blues briefs for this week are scheduled for 1 to 4:30 p.m. on the following dates:

Dec. 4-6	Camp Hansen Theater
Dec. 7	Camp Foster Theater
Dec. 8-10	Camp Hansen Theater
Dec. 11, 15	MCAS Futenma Theater
Dec. 12	Camp Kinser Theater
Dec. 13-14	Camp Schwab Theater

For more information on the Beating the Blues briefs call 645-2915.

Courts-martial REPORT III MEF/MCBJ

• A lance corporal assigned to 1st Battalion, 3rd Marine Regiment, 3rd Marine Division, was sentenced to 30 days confinement, reduction to E-1, forfeiture of \$620 per month for six months and a bad conduct discharge at a special court-martial on one specification of Article 121, larceny from the Camp Foster Exchange.

It is human nature to need “good friends”

There is a truth about the human personality that cannot be avoided: everybody needs a friend. How sad it is that there are people who live their entire lives without a genuine, enduring, authentic, friendship.

John Donne penned these words:

“No man is an island, no man stands alone.

“Each Man’s joy is joy to me, each man’s grief is my own.

“We need one another, so I will defend.

“Each man is my brother, each man is my Friend.”

To be friendless is to face the realities

Someone who is devoted in the dark hours, present in pain, sympathetic in times of illness, and close by when life’s journey hits a detour.

of life with loneliness as your companion. To be friendless, is to live out a self-imposed sentence of solitary confinement

where you talk to yourself and answer yourself with me, myself, and I.

Whether it is called camaraderie, bonding or connectedness everybody needs somebody. It is our nature, and we are healthier when life is shared with a friend. Someone

who is loving and loyal, trusted and true, forgiving and accepting. Someone who is devoted in the dark hours, present in pain, sympathetic in times of illness, and close by when life’s journey hits a detour. Everybody needs a friend.

However, there is a word of caution:

a “good” friend is hard to find. Just because a person is friendly does not mean that he or she can be trusted or is loyal. My daddy use to tell me to be careful how I choose my friends.

He believed that the measure of a person was gauged by the people with whom he or she was associated. In fact, the Apostle Paul writes in I Corinthians 15:33, “Be not deceived: evil company corrupt good morals.” In other words, who you hang out with says a lot about the condition of your heart.

There is an old saying that “prosperity makes friends and adversity tries them.” Another lesson to be learned is that everybody claiming to be your friend may not really be one after all. No matter what your background is, what looks like a friend may not be a friend.

Cain and Abel were brothers by blood. Yet Cain killed his brother. Sometimes it’s hard for brothers to be friends. Samson and Delilah were lovers. But

after Delilah gave Samson a haircut, she betrayed him. Even lovers may not always be friends.

Jesus discovered that his closet associates could not be counted on. Peter denied him, Thomas doubted him, and Judas Iscariot sold him out for 30 pieces of silver. In the writings of Sirach 6:8 (The Apocrypha) is written, “There is a friend who is such at his convenience, but will not stand by you in your day of trouble.”

Finally, were you aware the God has friends? “Abraham believed God, and it was reckoned to him as righteousness; and he was called the friend of God.” (James 2:23) What did Abraham do to deserve being called, “the friend of God?” Abraham trusted God and acted on that faith. Are you one of God’s friends?

*Navy Capt. Henry Nixon Jr.,
III Marine Expeditionary Force chaplain*

Operational readiness is key for deployed warfighters

Professional warfighters have a great deal in common with elite groups like police, professional athletes, and other “High Pressure, High Profile, Absolute Commitment” performers.

Fighting is the easy part. Staying ready in between the fights is much more challenging. This is especially true around the holidays.

Combat and sports psychology professionals have long paid attention to how hard it is for a performer to wait to perform.

The more the event is perceived as a life and death event, like a battle, or a fire, or an Olympic trial, for instance, the harder it is to maintain that peak, cutting-edge readiness.

When you spend a lot of time and energy preparing to perform, you have conditioned yourself to feel a certain fitness edge. If you don’t keep that edge up, you will start to experience a very noticeable and eerie letdown feeling.

Professionals call it “burn out.” A type of burnout hits peak performers during the holidays when training and work routines are suspended. This is where HPHPAC Event Strategy comes into play.

Peak readiness strategy involves five mental and physical stages: Peak Rou-

tine level - Blue, Event Preparation - Yellow, The Event - Green, Event Integration - Gray, and New Peak Routine - New Blue condition. These stages pertain to the performer’s body and mind and extend to the performance team.

If you are a deployed Warfighter in Okinawa over the holidays, what does this mean specifically for you?

Blue, Peak Routine, condition simply means you are staying in top daily form in basic areas such as diet, exercise fitness, friends and sensory stimulation.

Why is this important?

It keeps you from hitting a letdown when the pace drops. By simply staying more active, skipping the sugar, doing things with buddies, and exercising a little each day, you stay much more alert and you actually offset some depressive tendencies.

Condition Yellow is about anticipating your schedule and your activities and making choices about them. Despite the false notion that “vegging out” on the couch helps you rest and relax, professionals are finding that those with reasonable schedules and planned activities are less likely to become depressed or bored during the holidays and actually relax much more.

The key to Condition Yellow is to men-

tally visualize your activities and events in detail. This is just as true for Thanksgiving dinner as for securing a bridge in enemy territory.

What the mind sees in advance the body does more effectively and with greatly reduced stress.

Condition Green is the event itself. The rules for Christmas holidays are much like the rules for the Olympic trials. Just go out and enjoy doing what you have practiced and planned for!

The planning, scheduling and practicing have been done in your mind before the holidays arrive. Now it is simply execution of the plan.

Many of us tend to withdraw from activities or become overwhelmed by all the programs because we are used to the daily routine grind.

Prior planning and good physical condition do a remarkable job of reducing these stressors so you can simply enjoy the holidays.

Finally, Event Strategy experts say that when the event is over, it needs to be put to rest and you need to ease back toward your routine condition.

Peak performers handle this by doing some small token event of closure for the event.

Condition New Blue, or New Peak

Routine Condition, is an observation by top performers that once they have followed the previous stages of staying active, mentally and physically preparing for the event, performing hard during the event, and having some token release following the event, they are much more prepared and successful in following events.

In other words, you have returned to your routine condition only to find you are in better condition, and more competent and competitive than you were for the last event. Again, the same rule seems to apply to every event from battle to basketball games, from training operations to Christmas festivities.

Professionals at the MCCS Counseling and Advocacy Program are available throughout the holiday season to help individuals or groups with establishing personal holiday strategies or to help with problems that arise during the holidays including higher stress, holiday “let down” or relationship difficulties.

The point of contact for briefs or further information on Event Strategy is Navy Lieutenant Barry Adams at 645-2915.

*Navy Lt. Barry D. Adams,
Director, MCCS Counseling and
Advocacy Programs*

STREET TALK

“What is your favorite part of the holiday season?”



“Seeing your family.”

Lance Cpl.
Casey Hunt, 1st
Stinger Battery,
1st MAW



“I like the New Year, because it’s a chance to start all over.”

Pvt. Joseph
Sanders, HMH-
466, 1st MAW



“The warm feeling of the season that makes you think of home.”

Cpl. Charmain
Scott, H&HS
Squadron, 1st
MAW



“The free leave.”

Cpl. Thomas
Waugh, MASS-2,
1st MAW

Marines and JGSDF soldiers participated in a variety of warfare training exercises during Keen Sword



CPL. MATTHEW E. HABIB

Cpl. Matthew E. Habib

Combat Correspondent

OJOJIHARA, Japan — Sixty years ago, in darker times, many of our grandfathers fought against the Japanese forces during World War II. But since then, the face of the world has changed and new bonds between warring nations have been formed.

Marines from 1st Battalion, 6th Marine Regiment, and soldiers from the Japanese Ground Self Defense Force's 44th Regiment, helped to keep such bonds strong during Exercise Keen Sword.

In keeping with the pursuit of peace, the two units worked and trained together during a wide array of field operations.

Marines landed in mainland Japan Nov. 2 and bused into the JGSDF training area. The Marines were greeted by the JGSDF soldiers who had formed a line almost a mile long. They stood, applauding their foreign visitors.

Soldiers on duty peered out the windows of their buildings, while the Marines spied out the windows of their passing buses. The curiosity of both units had peaked, according to Lance Cpl. Junior Roberts, company clerk, Headquarters and Service Company, 1/6.

"When we went through that front gate onto the compound, I was really surprised to see all those soldiers out there clapping for the Marines as we came in," Roberts said. "We were all pretty tired when we rolled in, but right away, everyone on the bus had their face pressed against the windows, trying to get a better look. It's not often that we get a chance to see another country's army on their home turf."

With the warm greeting, the Marines began to settle in, and prepare for the next day's opening ceremonies.

With both the 44th Regiment and 1/6 Marines standing side by side, the ceremony began and officially started the exercise, which led into the night's festivities.

Once again, applauding soldiers met the Marines as they made their way into the Tarawa gym. There, the Marines were treated to a huge selection of different Japanese dishes and were offered their first real chance to talk to their new friends, one on one, according to Lance Cpl. Kevin Graham, communications operator, H&S Co., 1/6.

"Even though the Japanese soldiers were very warm in welcoming the Marines, there was still that barrier — we were still unsure who these people really were," said Graham.

"When we got into that gym, the atmosphere was happy, but still a little stiff. Then the laughter and good times just naturally broke out among all of us. We all started asking ques-

tions and talking about anything and everything."

Curiosity and courtesy ran equally deep in the local Japanese community, too. Not only did the local media come out for Keen Sword events, but so did the neighbors of Ojoihara. During a live-fire exercise, civilians were able to witness the Marines and JGSDF in action together. Some families invited Marines to their home, to experience the Japanese culture firsthand, according to Graham.

"The home visit was a great time," Graham said. "Three Marines went with each family, giving them a chance to relax without worrying about the field.

"There were many different things that you wouldn't see back in the states, like sitting on the floor while you eat, or a room totally devoted to religious ceremonies, but a lot was the same, too," Graham said. "The kids running around, the father joking and laughing, the mother keeping close watch so nobody touched dessert first — it was just like watching my family in action."

Throughout Keen Sword, the Marines of 1/6 and soldiers of the 44th JGSDF Regiment participated in a spectrum of different training exercises.

Warfare training, movement exercises, helicopter assault operations and firing demonstrations were the main highlights of Keen Sword. All of the training benefited both forces, which served as both teachers and students to one another.

"The Japanese soldiers were very impressed with how the junior Marines, such as a young sergeant or a corporal, could run a squad as well as they do," said 1st Lt. Thomas J. Livoti, platoon commander, Weapons Company, 1/6.

"JGSDF is an army where the lowest ranking squad leader you'll find is a first sergeant, and to see some 20-year-old corporal in charge of a machine gun squad is unheard of to them," Livoti said.

The Marines were also able to teach the JGSDF new tactics. Under cover of live M-240G machine gun fire, Marines began to engage the objective during the live-fire exercise, according to Livoti.

"The Marines basically went in there and demonstrated how a Marine rifle squad fire and maneuvers on an objective," Livoti said.

"The JGSDF also did a live-fire display of their rifles, and we participated in a night-fire exercise in which the Japanese were impressed by our night vision capabilities," Livoti said.

The Marines executed the exercise perfectly for their foreign hosts, according to Livoti.

"We had some Marines who haven't done a live-fire exercise for months," Livoti said. "But just from a couple of rehearsals, the Marines did great. This is what they train to do every day, and everything came to them like it was second nature."

The Marines and JGSDF soldiers also took to the air during various helo operations. Both American and Japanese helicopters were used and gave both units an excellent opportunity to witness each other in action, according to Capt. Steven M. Prather, commanding officer, Company C, 1/6.

"During the helo operation, our mission was to execute a helicopter assault in order to establish anti-

mech ambushes," said Prather. "These ambushes were important because they prevented the enemy from retreating."

"Helicopters were used to transport the Marines to their required destinations," Prather said. "Once in position, they made final preparations to establish the ambush. An engineer attachment placed simulated mines at key points, Dragon gunners occupied their firing positions and the rest of the Marines formed around them to provide cover and await the mech force to step into the trap."

The Marines and JGSDF soldiers were impressed by different aspects of each other's performance and found certain similarities between the two units, according to Prather.

"For the situation at hand, the Japanese pilots displayed exceptional skills," Prather said. "Many of the Japanese procedures for embarked personnel were similar to our procedures, such as safety concerns and embarking and debarking the aircraft.

"Many of the Japanese soldiers said that they were impressed with the speed at which the Marines were able to get oriented and maneuver such a large force, in such a short time," Prather said. "And once again, they were impressed that the squad leaders could make such tactical decisions on their own, without waiting for specific orders from any officers. I couldn't be happier with the way everyone worked together and how things turned out."

During the last three days of Keen Sword, the Marines and 44th Regiment teamed up one last time, and tied all the training they had been conducting into a three-day field exercise, held deep within the surrounding forests. All equipment was moved and all personnel dug into their fighting positions in rainy and cold conditions.

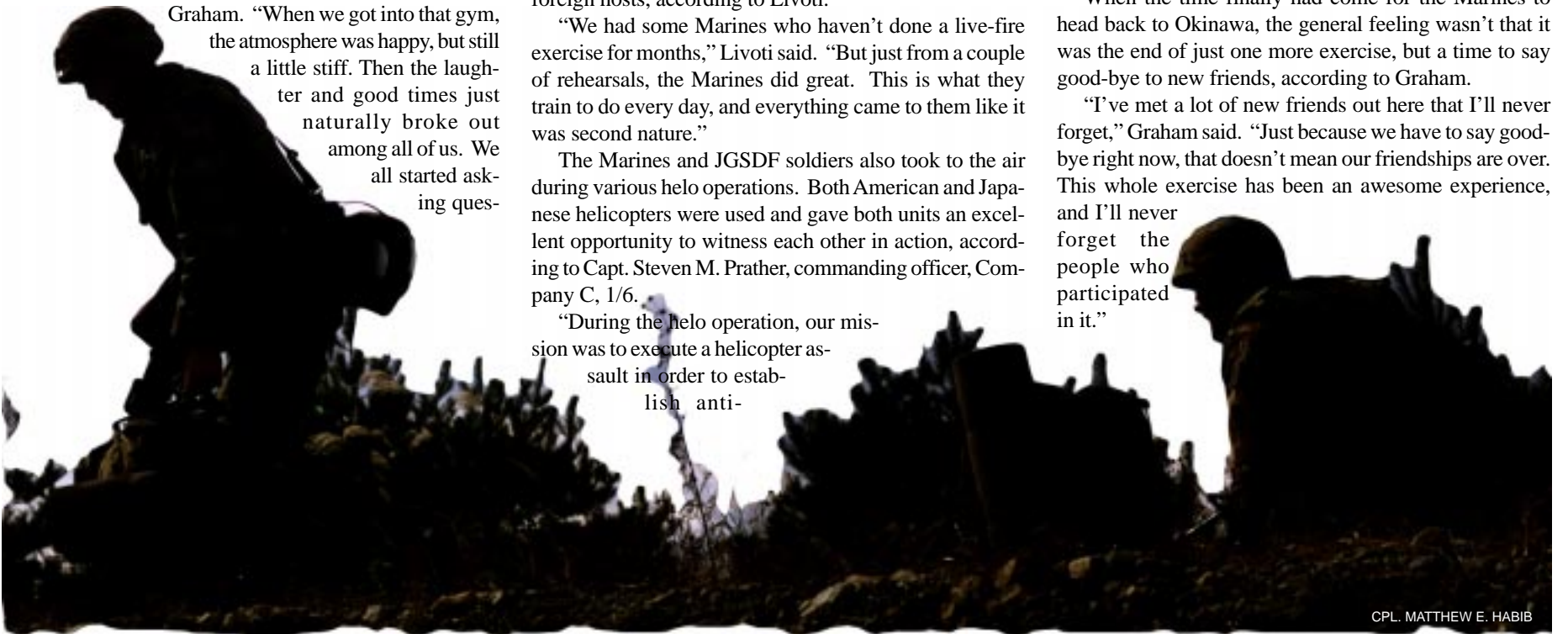
With Marines and Japanese soldiers mixed together within two units, the two "teams" acted as each other's aggressor. After the three days, with all tactical training completed, the units moved back to their bivouac sites to prepare for the journey home and to say their final farewells.

The Marines also tried to repay their gracious hosts for all they had done for them by holding a cake cutting ceremony in the field for the Marine Corps birthday, and inviting their Japanese counterparts. Together, both units celebrated into the night.

The Marines also held a farewell ceremony, which was in the exact same image as the welcoming ceremony, with one twist — the food consisted of American dishes.

When the time finally had come for the Marines to head back to Okinawa, the general feeling wasn't that it was the end of just one more exercise, but a time to say good-bye to new friends, according to Graham.

"I've met a lot of new friends out here that I'll never forget," Graham said. "Just because we have to say good-bye right now, that doesn't mean our friendships are over. This whole exercise has been an awesome experience, and I'll never forget the people who participated in it."



CPL. MATTHEW E. HABIB

During
6, tea
leads



As night begins to set in, Lt. Sean M. O'Neill, 2nd platoon commander, Company C, 1/6 and soldiers from the 44th Regiment begin to tighten perimeter security during a training exercise.

CPL. MATTHEW E. HABIB



CPL. MATTHEW E. HABIB

g a patrol, Sgt. Tony Dasilva, squad leader, Company A, 1/ ms up with soldiers from the 44th Regiment, JGSDF, and his squad to accomplish the mission during Keen Sword.



CPL. MATTHEW E. HABIB

Cpl. Mark Nieves, TOW gunner, Weapons Company, 1/6, fires the Tube launched, Optically tracked, Wired-guided missile. A wide selection of weapons were displayed during Keen Sword.



SGT J.L. WEBER

The 44th Infantry Regiment Japanese Ground Self Defense Force fires its Laser Guided Anti-Tank Missile during Keen Sword.

Ground sensors take to the air

Cpl. Kimberly S. Dowell

Combat Correspondent

IE SHIMA — Marines from 3rd Intelligence Battalion, III Marine Expeditionary Force Headquarters Group, took to the sky here Nov. 21 to get some hands-on training with a piece of sensor equipment they normally only get to train with on the ground.

And when the gear is designed to be dropped from a helicopter moving about 100 miles per hour and about 500 feet above the ground, tossing it around on earth just isn't the same.

"The air-delivered sensor training sustains the ground sensor platoon's capability to support the MEF with long-range surveillance sensors," said Capt. Braden W. Hisey, Headquarters Company commander. "This is the first time in two years that live sensors were dropped and tested."

The unit normally drops dummy air-delivered sensors. While training with dummy sensors helps the Marines learn to hit their targets, it does not allow the Marines to see if and how the sensors really work.

"This training is 110 times better than the classroom work we normally do with this equipment," said Lance Cpl. Benjamin Holcomb, ground sensor operator, ground sensor platoon. "We never miss the target when we practice on the ground."

The other Marines in Holcomb's four-man crew agreed that the hands-on training was a big improvement over the classroom. When the team returned from their flight they were



CPL. KIMBERLY S. DOWELL

Dummy sensors stick out of the grass after being dropped from a helicopter. The sensors were dropped by Marines from 3rd Intelligence Battalion who combined classroom training with hands-on-training Nov. 21 on Ie Shima Island.

proud to hear their platoon commander's compliments on how close they had gotten to the target.

Perched on the open cargo ramp of the helicopter about 400 feet in the air, the Marines dropped the sensors within 25 feet of a patch of canvas draped across the ground as a target.

"The hardest part was getting situated and hitting our mark," said Pfc. Kenneth Williams, administrative clerk, ground sensor platoon.

During the training, the Marines from the platoon, along with a few intelligence Marines from 4th Marine Regiment, Camp Schwab, and 3rd Marine Division, Camp Courtney, divided into groups of four and boarded the helicopter carrying five ground sensors and the knowledge gained from hours in the classroom.

Once onboard the helicopter, the four Marines got situated in their assigned spots: a "spotter" near the front of the helicopter giving arm signals

when it's time to drop the sensor; a "feeder" seated at the end of a passenger bench handing the sensors to the dropper; a "dropper" seated precariously near the edge of the open cargo ramp releasing the sensors on the arm signal of the spotter; and a "plotter" lying on his belly on the open cargo ramp, peering through the wind at the Ie Shima hillside.

The success of the mission relies on teamwork, according to 1st Lt. Michael J. Fedor, platoon commander, ground sensor platoon.

The air-delivered sensors are designed to be dropped from Marine Corps rotary wing aircraft in key locations in deep and distant battlefield areas.

Once in place, the sensors detect the sounds and seismic vibrations made by enemy vehicles and aircraft. The sensors then transmit a signal to the ground sensor platoon telling them what general type of vehicle or activ-

ity the sensor has detected. The information is relayed to a command center where it is analyzed and used in combat decision making.

When properly implanted, the sensors are difficult to detect and can be integral in determining the location and activity of enemy forces.

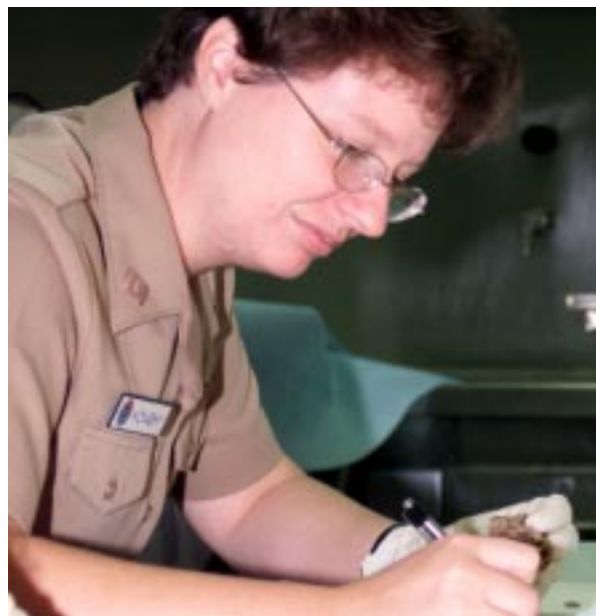
According to Hisey, III MEF has a unique challenge when it comes to maintaining training for remote sensor operators.

Many Marines with the ground sensor platoon extend on Okinawa, according to Hisey. However, there is still a shortage of ground sensor operators.

The platoon commander is constantly looking for Marines to complete on-the-job-training to qualify for his platoon, according to Hisey.

Fedor said he felt the training went very well and was excited to see how well his Marines and the sensors performed.

Medical, rescue, investigative units train for tragedy



LANCE CPL. KATHY J. ARNDT

Lt. Ann B. Monasky, general dentist, 3rd Dental Battalion, writes down characteristics of dental remains during training.

Lance Cpl. Kathy J. Arndt

Combat Correspondent

CAMP KINSER — Several units from different services island-wide participated in a training program sponsored by the 3d Dental Battalion, 3rd Force Service Support Group, and given by instructors from the Armed Forces Institute of Pathology.

The program presented was the "Dental Forensic Short Course" and was given twice on Nov. 13, 14, and Nov. 16, 17 at the Air Force Mortuary here.

Service members from 3rd Dental Battalion, 3rd Medical Battalion, Air Force 33rd Rescue Squadron, 18th Operations Group and members from the Naval Criminal Investigative Service were on hand to take the course.

"This short course provided direction and guidance in the proper methods utilized to identify body part remains for both individual death and mass casualty situations," said Cmdr. Michael F. Rocklin, officer in charge, 3rd Dental Battalion Dental Forensic Team.

"The purpose of the course is to aid personnel, from several different disciplines, who would be called upon

to work together to develop the necessary skills utilized in victim post mortem identification," Rocklin stated.

The course, given by Lt.Cmdr. James T. Castle, an Oral and Maxillofacial pathologist from the Naval Post-Graduate Dental School, Bethesda, Md., concentrated on forensic odontology (the study of the individual, unique characteristics of teeth) as a dependable way to identify victim remains.

Castle gave a presentation on how forensic odontology works. Then he took the class through a simulated plane crash exercise where the class attempted to identify crash sight victims from the flight manifest using accumulated records and simulated dental remains.

"This class reinforced why it is important to keep well updated dental records on all patients," expressed Castle.

"The course gave each individual a better understanding of what steps would be necessary should this type of tragedy occur. It places everyone on the same page, so they can work together as a cohesive unit," Rocklin added.

At the end of the course, participants left with a better understanding of how to deal with mass casualty situations and how to properly identify victims.



SGT. ROBERT J. ANGUS

Wes Bloom, a member of the Jewish congregation, leads a group of children in a song at the Interfaith Fair Nov. 19 at the Foster Field House.

Faith fair brings chapel community together

Sgt. Robert J. Angus

Combat Correspondent

CAMP FOSTER — The six congregations of the Foster Chapel came together at the Foster Field House for an Interfaith Fair Nov. 19 to open up as a community, learn about each other and share their faiths.

“The Foster Chapel has six different congregations, Muslim, Jewish, Eastern Orthodox, Gospel, Protestant and Catholic,” said Lt. Cmdr. Brenda E. Bradley-Davila, coordinating chaplain, Camp Foster Chapel. “All throughout the week we pass each other, never getting to know one another. So we decided to come together and share our faiths.”

The event, the first of its kind, featured songs, games, prayers and food and was attended by more than 250 people,

according to Bradley-Davila.

“I’ve been in the Marine Corps for 25 years and this is the first time I’ve seen something like this done,” said Master Gunnery Sgt. Douglas C. Rosenberg, committee member for the Interfaith Fair and member of the Eastern Orthodox congregation. “It’s special, everyone is acting like one big family and I feel like I’m at home. This event will really strengthen our community.”

The Orthodox community prepared a Greek salad, Jewish members prepared different kinds of breads, Catholics prepared Okinawan, Italian and Filipino cuisine, Gospel members prepared a dozen different types of buffalo wings and hot wings, Protestants baked breads and cookies and Muslims prepared a traditional chicken and rice dish.

“It was a lot of hard work, but everyone seems to be excited,” Bradley-Davila said. “There was plenty of food

for everyone and everything was free.”

As members ate, socialized and answered questions about their beliefs, the congregations took turns sharing a little of their beliefs with the others through songs, prayers and skits.

“We are finding out that we have more in common with each other than differences,” said Wes Bloom, a member of the Jewish congregation who played the guitar as a group of children sang at the event. “Hopefully, by learning about each other, we get a better understanding of each other and the world.”

As the Interfaith Fair came to an end, Bradley-Davila declared the event a success and expressed hopes for future events.

“This has been fantastic,” Bradley-Davila said. “I hope this fair is the first of many more to come.”

Students use drama as expression

Kubasaki’s High School drama program puts on play with message of diversity

Pfc. Damian J. McGee

Combat Correspondent

CAMP FOSTER — Students at Kubasaki High School made their contribution to community relations November 17 and 18 with their production of the play “The Spectrum Six.”

The play, written by T. O’Ruairc, is about ways to combat different forms of discrimination and racism, according to Stacy Shaneyfelt, the play’s director.

“This play is a communal approach to displaying the importance of embracing diversity,” Shaneyfelt said.

With a cast of more than 30 students, the reasoning behind student involvement varied.

“I’ve participated in a lot of different activities,” said Jacklynn Potts, junior, KHS, who played the character “Orange.” “I never really felt I was the best at anything, but when I act it’s not about being the best; it’s about coming from the heart.”

This feeling of confidence was one that was shared by many members of the cast, according to Shaneyfelt.

“The students participating in this or any drama production improve their social skills, as well as their level of self esteem,” Shaneyfelt said. “When we started, there were students who hadn’t said anything all year, but have completely opened up during this production.”

In addition to self-esteem, a few of the students were breaking some of their own barriers, according to Sean Daeley, freshman, KHS, who played the character “Green.”

“Every since I’d heard about the drama program I wanted to be in it,” Daeley said. “At one point they didn’t allow freshman into the productions, but a few others and I made it into this one. It’s almost like we broke a barrier of our own.”

For others, their contributions involved proving something to others.

“I’m always perceived as a sweet innocent girl,” said AnnaBelle Hill, sophomore, KHS, who played “Red.” “But this role was a chance for me to show that I can be a little bad when I want to be.”

Despite their various individual reasons for participating in this production, the entire cast never forgot their overall purpose – delivering a message.

“We want people to understand that everyone is beautiful in their own way,” said Jesse Potts, junior, KHS, who played the character “Yellow.” “We have to learn to accept and appreciate everyone for who they are.”

The goal is to leave a lasting mark on those who



PFC. DAMIAN J. MCGEE

AnnaBelle Hill, sophomore, KHS, performs her role as “Red” in the play “The Spectrum Six” Nov. 18 at Kubasaki High School.

attended, according to Shaneyfelt.

“The message is simple,” Hill said. “We’re a rainbow of shining individuality.”

T-Birds evade Crush

*Kadena shuts down
Foster in Turkey Bowl*

Pfc. Damian J. McGee

Combat Correspondent

CAMP FOSTER — The T-Birds of Kadena Air Base shutdown the Orange Crush of Camp Foster 19-0, in the 2000 Flag Football Turkey Bowl Championships, Nov. 26.

The T-Birds came into the final game undefeated and were faced with the seemingly simple task of beating the Crush one time to take it all. The Crush, however, saw things a little differently.

The Crush barely squeaked by the T-Birds in their first game 13-12. After scoring their second touchdown, the T-Birds failed their attempt at an extra point. The Crush regained control of the ball and let the clock run out, giving them their first of two necessary victories.

During the second game though, the T-Birds came out quickly, scoring in the first three plays. The birds covered the majority of the field with their first two plays, and ended the drive with a perfectly thrown touchdown pass from quarterback Kevin Bonner to Warren Rosebrough, a wide receiver and safety, and took a seven-point lead.

"We knew we had to come out strong during the second game," Rosebrough said. That's exactly what they did.

The Crush tried to revive themselves on their next drive, but the T-Birds went back to their fundamentals and completely shut-



PFC. DAMIAN J. MCGEE

The T-Birds soared above the Orange Crush in the final game of the 2000 Flag Football Turkey Bowl. Here, Calvin Oliver grabs a pass that assisted the T-Birds in their drive to victory.

down the Crush's offense.

"During the first game we were missing too many flags," Rosebrough said. "We weren't going to let that happen again."

The T-Birds retained control of the ball and scored again, making the score 13-0. Unable to utilize their time of possession, the Crush soon turned the ball back over, giving the T-Birds an opportunity to score again. Needless to say, they capitalized.

The T-Birds scored their third touchdown and put the Crush in a position of 'mercy.' According to the rules of the tournament, the Crush had to score on their next possession or the game was over. The Crush

seemed to regroup and slowly drove up the field, but it didn't take long for the team to fall apart again.

It started with the Crush's quarterback allowing his flag to be grabbed before he could get the ball off.

The following play, the Crush's quarterback slipped before getting the ball off, only to follow it up with an interception by Rosebrough, ending the game.

According to DeWayne Bryant, the T-Bird's victory is not only because of their performance on the field, but also their camaraderie off the field.

"We're like a family," Bryant said. "We

barbecue together, watch games together and sometimes even party together. The point is, it's not only about what happens while we're on the field, but how we are the rest of the time. That's why we're so successful."

The tournament, held every year, drew a large number of teams this year, according to Fred Bachgalupo, sports specialists, Marine Corps Community Services.

"Having twelve teams for this tournament is outstanding," Bachgalupo said. "Most importantly, most of the teams paid their entry fee using toys for the Toys for Tots program."

Volunteers help children learn the sport of basketball

Lance Cpl. Chad E. Swaim

Combat Correspondent

CAMP FOSTER—The echoes reverberated throughout Foster Field House as several games of basketball were being played at once. But off to one side of the gym, tiny players called a time-out to get a shoe tied.

The youth sports program here has a Peeewe basketball league for 5- and 6-year-old children and 4-year-olds who have a birthday during the season.

Developing the children's skill is a team effort that requires the volunteer efforts of the coaches, assistant coaches and team parents looking to have an impact on their community, according to Frank C. Floyd, coach, Maroon Habus.

"My son asked me to coach and it's a good way to give back to the community," Floyd said. "But, you can't forget the assistant coaches and team parents who volunteer too."

The coaches must be able to teach the children all the aspects of the game, especially the basics, Floyd said.

"The hardest part about teaching basketball at this level is teaching the basic skills of dribbling, passing, concentration and teamwork," Floyd said. "Every year I get at least one child that can't even dribble the ball, but by the end of first or second practice, you can see the look of pride on their face when they learn to dribble or can get the ball up to the rim."

One thing the coaches don't have to worry about is helping the children develop a competitive attitude. "All kids are competitive," Floyd said.



LANCE CPL. CHAD E. SWAIM

Frank C. Floyd, coach, Maroon Habus, gives encouragement to Anthony Gratham, 5, during practice Nov. 21 at the Camp Foster Field House.

While the coaches are the ones out next to the court giving direction to the young players, the assistant coaches are the ones who keep the children on the sidelines focused on the game.

A lot of the coaches in this league don't have an assistant coach, according to Floyd.

Even if someone wants to help, but doesn't have any

knowledge of the game of basketball, they can learn the needed skills by volunteering to be an assistant coach, according to Floyd.

"The coach sets up what we are going to work on and my primary job is to keep them focused," said Tom W. Russell, assistant coach, Maroon Habus. "Truthfully, I'm crowd control."

In addition to the coaches and assistant coaches, the team parent is usually a player's mom or dad who help the coaches organize the after-game events.

"Even with the assistant coach, I still need help," Floyd said.

"After working all day, the team parent comes in and takes care of scheduling the after-game snacks that the parents bring and organizing bake sales and car washes to raise money for the team."

"I don't know much about basketball, but I'm learning with them," said Terry Wynter, team parent, Maroon Habus. "I'm out here mostly to have fun and cheer them on."

As the season progresses, both the children and volunteers gain from the experience, according to Floyd.

"One thing I get out of coaching is watching the kids' skill and knowledge of the game grow," Floyd said.

"The game is basically about the kids going out there and having fun, developing physical skills, making friends and learning the basic skills of the game," Floyd said.

For more information on this and other youth programs please contact Camp Foster Youth Sports at 645-3533.

Shuri Castle:

window to the past



Story and photos by Lance Cpl. Chad E. Swaim

Built in the 15th century and perched on the hills over the capital city of Naha, Shuri Castle stands today as a window to the history of Okinawa and its ancient traditions.

The structure itself, with its red walls and clay-tiled roofs, dates to an era when the Chinese bore a strong influence on the Okinawan people.

The castle served as a meeting place where receptions and trade talks with emissaries from China, Satsuma and other nations of the Orient met with Okinawa's royalty.

But even as the castle stands today as a beautiful guardian over the southern portion on the island, this was not always the case. The castle was completely destroyed during the battle of Okinawa in World War II.

The castle was slowly rebuilt over many years, until it was finally reconstructed and reopened to the public in 1992.

Visitors who tour the castle today are able to catch a glimpse of how the royal families of ancient Okinawa may have lived while learning its history from a staff of knowledgeable guides.

The main attraction at the Shuri Castle Park is the Seiden, or the king's palace. This is where the king lived and spent the majority of his time. The building's roof alone consists of 60,000 tiles and its walls are covered with many magnificent designs and elaborately carved panels.

"These tiles are an important part of the Okinawan culture," said Rose Glass, Marine Corps Community Services tour director. "During the renovations for the castle, Okinawans who donated \$75 or more had their name placed on the underside of one of those tiles."

Inside the Seiden lies the Usasuka. This is the royal throne room and was considered the place of highest status and authority on the island. Here, visitors can see dragon pillars, elegant wood floors and even an example of the king's throne decorated with shell inlays and gold.

Another part of the castle park, the Hokuden, served as the royal family's reception center where they would meet and entertain dignitaries from foreign countries.

Today, the center acts more as a museum, as it contains panels, a video screening room and a gift shop that allow visitors the chance to learn details about the castle.

In the walls surrounding the castle are eight gates, each designed around a theme. The main gate was named "Kankaimon," or "The Gate of Joy." Others include "Kyukeimon," the gate of honor and "Koufukumon," the gate of increasing fortune.

A more modern addition to the castle park is the Suimuikan. This is basically a visitor information and relaxation spot. Here, visitors can shop in the Bingata Gift Shop or take a break at the Ryuhi Snack Bar, where one can order tropical fruit juices and light meals.

For those interested in enjoying a full meal in a relaxing atmosphere, the Suimui Restaurant can also be found here.

"This is a very interesting tour and one of my favorites," Glass said. "If I could pick only one place on the island that I would want to go to, it would be Shuri Castle."

The park is open year-round, but its hours change with the season. From March through November, the park is open 9 a.m. to 6:30 p.m. and from December through February, the park is open from 8:30 a.m. to 6 p.m.

The cost for admission to the park is 800 yen for adults, 600 yen for high school students and 300 yen for those younger. Special rates also apply to groups of 30 or more. Visitors will need to bring yen too, as this is the only currency accepted by the park.

MCCS also offers tours to the castle park on a regular basis.

For more information, call MCCS Tours Plus at 646-3502 on Camp Foster and 637-2744 on Camp Kinser.

Named the Seiden, this was the king's palace and the home of the Ryukyu Royal Court. The building contains 161 pillars and over 60,000 roof tiles.



Shureimon gate is the first thing people see when leaving the visitors' lobby and heading toward the castle grounds.



Two Shi-shi dogs stand guard at Shuri Castle's main gate, Kankaimon (Gate of Joy), which was originally built in 1477.

The Marketplace



Automobiles/ motorcycles

1986 Toyota Town Ace SE — JCI Nov 02, \$2,100. Enrique, 646-4364.
1988 Toyota Laurel — JCI Aug 01, \$750 OBO. Mack, 636-3679.
Suzuki GS1000 — Needs JCI, \$300 OBO. Joey, 098-956-7216.
1986 Honda Vigor — JCI May 01, \$350 OBO. John, 090-7477-9499.
1994 Nissan Skyline — JCI April 02, \$5,000 OBO. Tim, 0907-445-0661
1987 Toyota Hilux 4X4 — JCI Sep 01, \$2,500. Doug, 090-1874-3144.
1998 Kawasaki Ninja ZX7R — \$7,000. Scott, 623-5345/7451.
1988 Toyota — JCI Nov 01, \$600 OBO. 637-6994.
1989 Honda CBR 400RR — JCI Feb 02, \$2,500. 936-6824, or 637-2150.
1991 Nissan Prairie — \$1,200 OBO. 090-9785-5108.
1987 Toyota Surf — JCI Jun 02, \$3,500 OBO. Mike, 637-0058.
1993 Nissan Presseaa — JCI Aug 02, \$2,500 OBO. 646-6086, or 645-8221.
1991 Nissan Prairie — JCI Nov 02, \$2,500 OBO. 646-3045.
1996 Honda Shadow — JCI Apr 02, \$5,000 OBO. Don, 622-5162.
1990 Honda Accord — JCI Aug 02, \$2,700. Julie, 622-5162.
1990 Toyota Hilux 4X4 — JCI Dec 01, \$5,000 OBO; **1992 Mitsubishi Mirage** — JCI Aug 02, \$2,000 OBO. \$6,000 for both. Sean, 622-5237.
1987 Toyota Corsa — JCI Mar 02, \$1,200 OBO. Dan, 646-3619.
1989 Toyota Town Ace — JCI Jun 02, \$1,500; **1991 Toyota** — JCI Aug 01, \$800. Mike, 645-5389.
1989 Nissan Skyline — JCI Feb 01, \$1,500. Marlon, 622-8287.
1991 Mitsubishi Diamante — JCI Sep 02, \$3,200. Proto, 622-5303.
1988 Toyota Camry — JCI Oct 01, \$1,300 OBO; **1989 Mitsubishi Pajero** — JCI Jun 02, \$3,000. 622-5188.
1989 Nissan Largo — \$2,500 OBO. 622-5413.
1988 Toyota Carina — JCI Nov 01, \$1,400 OBO. Noel, 622-8796.
1990 Honda Inspire — JCI Aug 02, \$2,700 OBO. Don or Julie, 622-5162.
1987 Toyota Surf — \$3,500. Leslie, 633-5592.



Miscellaneous

Computer — Dell Optiplex 100 w/ 15" Samsung monitor, \$1,200. crypticcypher@aol.com
Misc. — A variety of decorative items, including an Encyclopedia Britannica set, a bedroom set and oil paintings. Call 646-8441.
Lost cat — Orange/tan male cat. Last seen in Chatan housing area. If you have information, call 646-6833.
Furniture — Korean Hibachi table, 44x27x20, \$225 OBO. 622-8719.
Misc. — Iron custom made canopy bed; computer desk. 646-4618.
Misc. — Home decoration items including decorative fans, small heart-shaped wreaths, heart-shaped jewelry holder and more. Jennifer, 622-8412.
Misc. — Women's suits sz. 8-10, \$35; black velvet gown, \$35; cell phone, \$25; mini-skirts, \$12; assorted blouses; Hawaiian shirts, \$8; golf shirts, \$15. Jennifer, 622-8412.
Washer and Dryer — New Whirlpool washer and dryer, super capacity plus models, \$300 each or \$500 for both. 646-4885.
Misc. — In-step "Zoomer" jogger stroller, used a few times, almost new. Asking \$45. Old model, doesn't recline, but good for child other than infant. Jen at 646-8621.
Misc. — Two dive tanks, \$50 each. Playstation video games. 622-6472.
Misc. — Large dog kennel/carrier, used once, outstanding condition. Asking \$400. Call Louis or Mary at 646-2627.
Misc. — Television and VCR, \$200; weight bench and weights, \$150; dining table set, \$150; twin bed w/ mattress, \$150; paintball gun, \$150. Ben, 623-7341 or 926-1666.
Misc. — 'AT' style server case, 250w, floppy drive, \$40; full size 'AT' style tower case, 250w, five open CD ROM bays, holds three HDDs, floppy drive, \$60. Joe, 646-5785.
Furniture — Burgundy camelback style sofa and loveseat, \$250; antique display cabinet, \$350. 622-5178.
Misc. — 7' 10" Tim Nolte tri-fin surfboard, Pro-Lite travel bag, \$450 OBO; GT mountain bike frame w/ RockShox, \$350; Jay, 646-8226.



Coming to a theater near you ...

Feature programs and start times are subject to change without notice! Second evening movies will vary when the program runs longer than 120 minutes.

Butler (645-3465)

Fri Men of Honor (R); 7:00.
Sat Little Nicky (PG13); 1:00, 4:00
Sat Men of Honor (R); 7:00, 10:00
Sun Little Nicky (PG13); 1:00, 4:00
Sun Men of Honor (R); 7:00
Mon Kings of Comedy (R); 7:00
Tue Kings of Comedy (R); 7:00
Wed Bait (R); 7:00
Thu How the Grinch Stole Christmas (PG); 7:00

Courtney (622-9616)

Fri Rugrats in Paris (G); 3:30, 7:00
Sat How the Grinch Stole Christmas (PG); 1:00, 5:00, 8:00
Sun Bring it On (PG13); 7:00
Mon Closed
Tue Closed
Wed Legend of Bagger Vance (PG13); 7:00
Thu Closed

Futenma (636-3890)

Fri What Lies Beneath (PG13)
Sat Hollow Man (R)
Sun Godzilla 2000 (PG)
Mon Legend of Bagger Vance (PG13)
Tue Closed
Wed Little Nicky (PG13)
Thu Closed

Hansen (623-4564)

Fri Lucky Numbers (PG13)
Sat Lucky Numbers (PG13)
Sun Kings of Comedy (R)
Mon Space Cowboys (PG13)

Tue Space Cowboys (PG13)
Wed Bait (R)
Thu Bait (R)

Call Hansen for start times

Keystone (634-1869)

Fri Legend of Bagger Vance (PG13); 6:30, 9:30
Sat Closed
Sun Closed
Mon Kings of Comedy (R); 7:00
Tue Closed
Wed Closed
Thu Closed

Kinser (637-2177)

Fri Bring it On (PG13); 7:00
Sat Space Cowboys (PG13); 3:00
Sat Kings of Comedy (R); 7:00, 11:30
Sun Bait (R); 7:00
Mon Closed
Tue How the Grinch Stole Christmas (PG); 7:00
Wed Rugrats in Paris (G); 7:00
Thu Bait (R); 7:00

Schwab (625-2333)

Fri Hollow Man (R)
Sat Hollow Man (R)
Sat Bring it On (PG13)
Sun Hollow Man (R)
Sun Bring it On (PG13)
Mon How the Grinch Stole Christmas (PG)
Tue Scary Movie (R)
Wed Scary Movie (R)
Thu Space Cowboys (PG13)

Call Schwab for start times



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